

## SFHAL19

# Identify persistence, resolution and development of food and food-related allergy



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### Overview

Individuals with a confirmed food allergy should be reassessed after a suitable interval by a practitioner experienced in allergy management. They should determine whether the allergy has resolved or whether a new food or food related allergies have developed and if necessary update management advice.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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#### Performance criteria

*You must be able to:*

- P1 obtain a history of new allergies and identify potential triggers
- P2 identify clinically relevant cross-reacting allergens
- P3 assess the likelihood of allergy resolution
- P4 check via a diet history whether small quantities of a known food allergen are being tolerated or whether the individual is still experiencing allergic reaction to the allergen
- P5 arrange skin prick or allergen-specific IgE antibody (RAST) tests to help ascertain that an allergy has resolved or may be resolving or whether new allergies have developed
- P6 for egg allergy, where resolution is suggested by tests, consider a food challenge test to be carried out in hospital to determine persistence or resolution of allergy
- P7 for egg allergy in low risk individuals where resolution is expected, reintroduce foods at home in a safe, stepwise way according to protocol

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#### Knowledge and understanding

*You need to know and understand:*

- K1 common allergic conditions and their presentation
- K2 common allergic conditions and their manifestations in multiple organ systems
- K3 the natural history of allergic disorders
- K4 the influence of an individual's environment on allergy
- K5 the impact of allergy on morbidity and mortality
- K6 current guidelines on allergy diagnosis and management
- K7 knowledge of recent developments in the diagnosis and management of allergic and pseudo-allergic diseases
- K8 acute severe allergic conditions, their development and risks
- K9 assessing risks for complex, interacting allergies and exposure to allergens
- K10 the use and availability of diagnostic tests
- K11 how to distinguish allergy symptoms from other conditions presenting with similar conditions
- K12 evidence based decision making based on current guidelines on disease diagnosis and management
- K13 guidance and other literature on mild, moderate and severe allergic reactions and strategies for managing them
- K14 current prescribing and treatment guidelines for allergic conditions with co-morbidities
- K15 pharmacological management of allergic disease
- K16 information on organisations for patients
- K17 reliable evidence-based and unbiased information and educational resources about allergy

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### Additional Information

#### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and treatment planning

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| <b>Developed by</b> | Skills for Health |
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| <b>Version number</b> | 1 |
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| <b>Indicative review date</b> | June 2012 |
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| <b>Validity</b> | Current |
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| <b>Status</b> | Original |
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| <b>Originating organisation</b> | Skills for Health |
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| <b>Original URN</b> | AL19 |
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| <b>Relevant occupations</b> | Health, Public Services and Care; Healthcare and Related Personal Services |
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| <b>Suite</b> | Allergy Services |
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| <b>Key words</b> | Acute severe allergic reaction, anaphylaxis, angioedema, challenge tests, eczema, rhinitis, urticaria |
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